Tip #1122: Designing Low-Cost Extra Activity Opportunities

Overview

Designing low-cost extra activity opportunities supports everyday inclusion of movement by prioritising small, sustainable changes that build movement competence, physical literacy and personal and social capability across the school day. Low-cost approaches harness existing spaces, simple equipment and student leadership to extend learning beyond timetabled lessons while aligning with curriculum intent to promote learning through movement and proficiency in movement skills. Practical and repeatable activities increase participation and give teachers quick formative evidence of skill progression without major resourcing or scheduling changes. This tip focuses on strategies teachers can adopt with minimal preparation and budget.

Key Teaching Ideas

Low-cost programming emphasises frequent, short opportunities that are curriculum-aligned and teaching and learning purposeful scaffolded tasks that promote transfer of movement skills and deliberate practice of movement competence. Use student agency through peer leaders and equipment monitors to build responsibility and the personal and social capability required for safe, sustained activity, and embed simple assessment-for-learning routines to inform planning. Providing activities at different times and in different places, such as classroom movement breaks, transition activities and lunchtime tubs, gives every student more opportunities to join in. Clear instructions and gradual skill progression keep activities safe, engaging and suitable for all learners.

Practical Application

- **Morning Movement Circuit:** Introduce a five to seven minute arrival circuit using cones, skipping ropes and simple skill cards. Rotate small groups through four stations focusing on one fundamental movement skill and use a one-line clipboard checklist to note observed competence. Set this up once and run daily with minimal supervision.
- **Lunchbox Equipment Library:** Keep a labelled tub of low-cost items such as soft balls, skipping ropes, chalk, frisbees in a supervised location at recess or lunch with a short poster of game rules and expected behaviours. Train a rostered student equipment monitor for distribution and simple maintenance.

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- **Peer-Led Skill Swap:** Pair older students with younger classes for ten-minute peer coaching where coaches teach a single cue for a fundamental movement skill using a two-card cue-and-practice sheet. Provide a short rubric so peers can give constructive feedback and build leadership.
- **Active Class Transition:** Introduce a quick movement game such as alphabet hop down a corridor or a three-minute follow-the-leader circuit to embed short bursts of activity and reinforce sequencing and spatial awareness. Pre-brief staff on safety adjustments and inclusion options.
- **Low-Cost Challenge Wall:** Create a laminated chart or whiteboard with daily or weekly low-resource challenges such as skipping count, consecutive catches or timed shuttle runs that students record themselves. Use aggregated entries for class discussions about personal goals and basic health indicators.

Next Steps

Anywhere PD offers practical tools for low-cost activity programming across the school day. Visit Active Education Australia for resources on student-led equipment systems and lunchtime activity design.

References and Research

1. Australian Government Department of Health, Disability and Ageing. *Australian Physical Activity and Sedentary Behaviour Guidelines* - How accumulating regular physical activity throughout the day supports health, wellbeing and lifelong active lifestyles.

2. Australian Sports Commission. (2019). *Australian Physical Literacy Framework* - How frequent, accessible movement opportunities develop physical, psychological, social and cognitive capabilities that support confidence, competence and lifelong participation in physical activity

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